



The Child & Adolescent Psychiatry Practical Review

For Primary Care Providers and Mental Health Professionals

April 27, 2023 — Pre-Conference
April 28–30, 2023 — Main Conference

Grand Superior Lodge
Two Harbors, Minnesota

Target Audience:

This program is designed for family physicians, pediatricians, child and adolescent psychiatrists, residents, advanced practice providers, clinic nurses, educational professionals and other mental health and health care professionals.

Credits:

CentraCare is accredited by the Minnesota Medical Association to provide continuing medical education for physicians.

CentraCare designates this live activity for a maximum of 20.50 (5.50 - Pre-Conference, 15.00 - Main Conference) *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The AAFP has reviewed The Child & Adolescent Psychiatry Practical Review and deemed it acceptable for up to 20.00 Live AAFP Prescribed credits. Term of approval is from 04/27/2023-04/30/2023. Physicians should claim only the credit commensurate with their extent of participation in the activity.

This education offering has been designed to meet the Minnesota Board of Nursing continuing education requirements for 20.50 contact hours (5.50 - Pre-Conference, 15.00 - Main Conference). It is the personal responsibility of each participant to determine whether this activity meets the requirements for acceptable continuing education by the licensing organization.

St. Cloud Hospital/CentraCare has been approved as a provider by the State of Minnesota Board of Social Work - CE Provider Approval Number CEP-77. Participants will earn 20.50 contact hours for the entire session (5.50 - Pre-Conference, 15.00 - Main Conference).

Acknowledgements:

The St. Cloud Hospital would like to acknowledge and thank the following for planning this year's conference:

- ◆ Christopher Boys, PhD, LP
- ◆ Michael Carpenter, MD
- ◆ Anne Gearity, PhD, LICSW
- ◆ Scott Palmer, PhD, LP
- ◆ Elizabeth Reeve, MD
- ◆ John Schmitz, MD

**This year's cover picture
has been provided by
Payton Stangl**

Faculty:

- Christopher Boys, PhD, LP—Great Lakes Neurobehavioral Center
- Michael Carpenter, MD—CentraCare—St. Cloud Hospital Behavioral Health
- Anne Garity, PhD, LICSW—University of Minnesota
- M. Kim Hellier, PhD, LP—CentraCare—St. Cloud Hospital Behavioral Health
- Greg Jacobs, DO—CentraCare St. Cloud Family Medicine Residency Program
- Charles Lewis, MD—University of Minnesota Medical School
- Emily Ness, PhD, LP—Great Lakes Neurobehavioral Center
- Scott Palmer, PhD, LP—CentraCare—St. Cloud Hospital Behavioral Health
- Elizabeth Reeve, MD—HealthPartners Medical Group
- Tracy Schreifels, MS, LMFT, IMH-E®—Ellison Center

Pre-Conference:

Thursday - April 27, 2023

9:00-9:45 AM – REGISTRATION & CHECK IN

9:45-10:00 AM – WELCOME & COURSE OVERVIEW

10:00-11:30 AM

ADVERSE CHILDHOOD EXPERIENCES (ACES) AND TRAUMA: THE IMPACT ON DEVELOPMENT AND BEHAVIORS

Christopher Boys, PhD, LP

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Describe differences in typical development and atypical development.
- Describe neurodevelopmental and behavioral profiles of various developmental disorders.
- Describe the difference between Adverse Childhood Events (ACES) and trauma.

11:30-12:15 PM – LUNCH

12:15-1:45 PM

**“NO, THEY DIDN’T DO THAT ON PURPOSE...”
IMPORTANCE OF PAYING ATTENTION TO THE
DEVELOPMENTAL NEEDS OF DISRUPTIVE AND AGITATED
YOUNG CHILDREN**

Tracy Schreifels, MS, LMFT, IMH-E®

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Understand the importance of early intervention for at-risk young children.
- Explain to parents and other providers what interventions are most effective with young children.
- Appreciate how early evidence of psychopathology persists without intervention and become an advocate for positive community responses.

1:45-2:00 PM – BREAK

2:00-2:45 PM

**THE ROLE OF INNOVATIVE COLLABORATION IN EARLY
INTERVENTION SERVICES**

Tracy Schreifels, MS, LMFT, IMH-E®

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Explore multidisciplinary approaches to intervention in early childhood.
- Reflect on the professional’s role in screening and referring children for developmental or mental health services.
- Identify the benefits of caregiver-child interventions in prevention, promotion, and intervention services.

2:45-3:30 PM

**PSYCHOPHARMACOLOGIC INTERVENTIONS FOR
PRESCHOOLERS: WHEN AND HOW MEDICATIONS SHOULD BE
USED FOR BEHAVIORAL PROBLEMS IN YOUNG CHILDREN**

Elizabeth Reeve, MD

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Identify preschool behaviors that are outside of typical development and may benefit from medications.
- Identify FDA approved uses of psychotropic medications in preschoolers.
- Understand the limitations to using psychotropic medications in young children.

3:30-4:30 PM

Q&A PANEL DISCUSSION

Christopher Boys, PhD, LP
Elizabeth Reeve, MD

Tracy Schreifels, MS, LMFT, IMH-E®

OBJECTIVE:

At the conclusion of this session, panelists will have answered participants questions.

Main Conference:

Thursday - April 27, 2023

5:30-7:30 PM – WELCOME / SOUP & SANDWICH RECEPTION

Friday - April 28, 2023

7:30-8:00 AM – REGISTRATION & CHECK IN

8:00-8:30 AM – WELCOME & COURSE OVERVIEW

8:30-10:30 AM

ANXIETY: NEUROBIOLOGY AND CLINICAL PRESENTATION IN CHILDREN AND ADOLESCENTS

Elizabeth Reeve, MD

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Identify three common DSM anxiety disorders in children and adolescents.
- Discuss the neurotransmitters and brain anatomy associated with anxiety in children and adolescents.
- Identify symptoms of anxiety that may be specific to certain stages of development.

10:30-10:45 AM – BREAK

10:45-11:45 AM

IS IT AUTISM OR IS IT NEURODIVERSITY? HOW DO WE KNOW THE DIFFERENCE?

Christopher Boys, PhD, LP

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Define the criteria for Autism Spectrum Disorder.
- Describe the range of neurodiversity that can result in atypical social interactions.
- Describe what other profiles can appear like, or have similar presentation to Autism.

11:45-12:15 PM

Q&A PANEL DISCUSSION

Christopher Boys, PhD, LP

Elizabeth Reeve, MD

OBJECTIVE:

At the conclusion of this session, panelists will have answered participants questions.

12:15-1:15 PM — LUNCH

1:15-2:15 PM

DAM — UNDERSTANDING HOW ANXIETY WORKS AND WHY GETTING MASTERY IS SO IMPORTANT FOR CHILDREN AND THEIR ADULTS

Christopher Boys, PhD, LP

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Explain what DAM represents and the basic biology of anxiety.
- Understand danger-coming from outside, from inside feelings and thoughts, and from relational disruption.
- Practice ways of helping parents consider what is happening for their child, to promote forms of mastery and sturdiness.

2:15-3:15 PM

MEDICATION OPTIONS FOR TREATING ANXIETY IN CHILDREN AND ADOLESCENTS

Elizabeth Reeve, MD

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Be more comfortable identifying when symptoms of anxiety might be responsive to medications.
- Identify three medications that may be helpful in treating anxiety in children and adolescents.
- Understand the limitations of using medications in children and adolescents.

3:15-3:30 PM — BREAK

3:30-5:00 PM

**LIONS AND TIGERS AND BEARS, OH MY!
CALMING THE ANXIOUS CHILD**

M. Kim Hellier, PhD, LP

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Identify screening tools for anxiety system assessment.
- Understand treatment approaches for home, school, and parent strategies.
- Describe strategies to decrease distress and anxiety during medical visits.

5:30-6:15 PM – SOCIAL HOUR

6:15-7:30 PM – DINNER

Saturday - April 29, 2023

8:00-8:15 AM

ANNOUNCEMENTS

8:15-9:15 AM

**ASSESSMENT AND PHARMACOLOGIC TREATMENT OF
DEPRESSION IN YOUTH**

Charles Lewis, MD

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- List diagnostic criteria for depressive disorders in children and adolescents.
- Describe assessment tools for depressive symptoms and suicide risk in youth.
- Discuss evidence-based pharmacologic treatments for depression in children and adolescents.

9:15-10:15 AM

**CHILD AND ADOLESCENT DEPRESSION: A FAMILY THERAPY
PERSPECTIVE**

Emily Ness, PhD, LP

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Identify symptoms and characteristics of depression in children and adolescents.
- Identify components of family therapy/skills training in the treatment of children and adolescents with depression.
- Identify the barriers to therapy as well as predictors of success in family therapy for depression.

10:15-10:30 AM – BREAK

10:30-12:00 PM

NONINVASIVE NEUROMODULATION IN PEDIATRIC MENTAL HEALTH

Charles Lewis, MD

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- List several emerging neuromodulatory techniques currently being researched in pediatric populations.
- Understand limitations of research to date and current lack of regulatory approval for most neuromodulatory interventions in youth.
- Discuss basic advantages and disadvantages of noninvasive neuromodulatory interventions for children's and adolescent's mental health conditions.

12:00-12:30 PM

PHARMACOLOGY FOR DEPRESSION: CASE PRESENTATIONS

Elizabeth Reeve, MD

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Know when to start medications for depression.
- Know how long to treat an episode of depression in a child/adolescent.

12:30-1:15 PM – LUNCH

Sunday - April 30, 2023

8:00-8:15 AM

FINAL DAY KICK OFF & WRAP UP DISCUSSION

8:15-9:15 AM

THE STATE OF MENTAL HEALTH POST COVID: IS IT BETTER OR WORSE?

Greg Jacobs, DO

Michael Carpenter, MD

Christopher Boys, PhD, LP

Scott Palmer, PhD, LP

Elizabeth Reeve, MD

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Discuss how trends in mental health may have changed due to COVID.
- Discuss how COVID has impacted the availability and delivery of mental health services.
- Learn ideas and perspectives from providers at various stages of practice.

9:15-10:15 AM

A POST-COVID SNAPSHOT OF CHILD & ADOLESCENT MENTAL HEALTH

Emily Ness, PhD, LP

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Identify ongoing trends in patterns of anxiety and depression for youth post-COVID.
- Understand the parental impact of COVID on youth mental health.
- Understand the impact of COVID on mental health providers and support systems.

10:15-10:30 AM – BREAK

10:30-11:30 AM

PARENTS: YOU CAN BE REALLY HELPFUL TO YOUR CHILD/TEEN, REALLY YOU CAN!

Christopher Boys, PhD, LP

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Listen to parental concerns and identify areas that parents can try something different.
- Provide guidance so that parents feel able to “experiment” and test their own competence.
- Organize parent expectations so that incremental change is possible and effective.

11:30-12:30 PM

FILLING YOUR TOOLKIT WITH PEARLS OF WISDOM

Michael Carpenter, MD

Scott Palmer, PhD, LP

OBJECTIVES:

At the conclusion of this session, participants should be able to:

- Identify key concepts from each conference presentation.
- Discuss strategies that can be implemented in practice.
- End the conference with collective ideas and wisdom from conference attendees.

Registration:

PRE-CONFERENCE - April 27, 2023

The Pre-Conference includes: Course materials, CME credit, and lunch.

Registration All - \$250.00

MAIN CONFERENCE - April 28-30, 2023

The Main Conference includes: Main Conference course materials, CME credit, soup and sandwich reception Thursday (all family members welcome), and meal plan.

Early Bird (on/prior to March 1, 2023)

Registration (includes meal plan) Physicians - \$675.00
Non-Physicians & Residents - \$525.00

Regular (after March 1, 2023)

Registration (includes meal plan) Physicians - \$725.00
Non-Physicians & Residents - \$575.00

REGISTRATION DEADLINE

April 12, 2023

CANCELLATIONS

Refunds will be issued prior to April 12th less a \$50.00 processing fee.

CentraCare reserves the right to cancel or reschedule due to unforeseen circumstances.

Special Accommodations:

Please contact the Medical Staff Development Office if you have special mobility, dietary, vision, hearing or other needs.

Email: stcloudhospitalcme@centracare.com

Lodging:

- ◆ Grand Superior Lodge offers a variety of accommodations overlooking Lake Superior. Please plan to stay on-site to take full advantage of networking opportunities with other conference participants and family members.
- ◆ Conference rates are available by calling Grand Superior Lodge at 1-800-627-9565 to make reservations. Identify yourself as a CentraCare conference (#176037) participant. Conference rates are not available online.

EARLY BOOKING INCENTIVE

Book lodging for Thursday, Friday, and Saturday nights
prior to March 1, 2023

50% Off on an extended stay for Sunday, April 30th, 2023

**Mention the Early Booking Incentive when making
your reservation to redeem!**

Deadline for guaranteed conference rate is March 1, 2023.



For more information visit the Grand Superior Lodge website at
www.grandsuperior.com

Meal Plan:

Friday

Breakfast	7:00-8:30 a.m.
Lunch	12:15-1:15 p.m.
Dinner	6:15-7:30 p.m.

Saturday

Breakfast	7:00-8:30 a.m.
Lunch	12:30-1:15 p.m.

Sunday

Breakfast	7:00-8:30 a.m.
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Conference Participants:

- Meal plan is included in the conference registration fee.

Family Members & Guests:

- Invited to participate in the meal plan for a fee.

FEES:

Adults (Ages 13+)	\$175.00
Children (Ages 4-12)	\$75.00
Children (Ages 0-3)	FREE

- We are unable to charge prorated fees for individual meals.
- Fees for family meal plans must be included with the registration .

SPECIAL DIETARY NEEDS

Food allergies or other dietary needs must be communicated prior to April 10, 2023, with Cherry Dietzmann at Grand Superior Lodge

cherry.dietzmann@grandsuperior.com